



InShape

West Valley City Fitness and Recreation Center News

Dog Days of Summer Saturday, August 27, 2011, 2 p.m. – 5:30 p.m.

Small Dogs only from 2 to 2:30 p.m. (under 25 pounds)

Admission Fee: \$4

Before we close our swimming pool for cleaning, you are invited to bring your well-behaved best friend for a dip in our pool! Each dog will get a doggy bag of goodies and there will be raffles throughout the event.

For your talented best friends, a Doggy Long Jump contest will be held from 2:30 p.m. to 3 p.m., and a Doggy Paddle race from 3:30 to 4 p.m.

Need vaccinations for your dog?
WVC Animal Shelter will be on hand for a
Pet Vaccination Clinic.

Busy Bee

This twice-a-week program is designed for 3 to 5 year olds (must be potty trained), and features a variety of activities including arts & crafts, music, letter & number recognition, and more!

Members - \$40/month
Non-Members - \$50/month

Registration deadline is the 25th of every month for the following month and is done on a month-to-month basis (\$5 late fee after deadline). Class size is limited so sign up early!

Sessions offered (choose either):
Mondays & Wednesdays 9 to 11 a.m.
Tuesdays & Thursdays 9 to 11 a.m.

For more information, call
(801) 955-4000.

West Valley Dance Force Sessions begin in September

Choose from a variety of formats that include: Ballet, Jazz, Combo, Tumbling, Hip-hop and more.

Beginning, Intermediate and Advanced Classes are offered

Fees:

Member: \$28 per month

Non-member: \$30 per month

Additional class: \$15 per month

Unlimited Classes: \$60 per month

A one-time yearly registration fee of \$10 is required.

For additional information about registration or dance classes please call the dance hotline at 801-955-4030 or visit www.wvdanceforce.blogspot.com

Host Your Next Birthday Party at the Family Fitness Center

Who: 10 kids & 2 Adults

When: Monday-Sunday

Where: Party room A, B, or Edutainment

Fees: *Option 1 \$70*
Option 2 \$90
Option 3 \$120

All Options include the following:
(for additional charge, cake, invitations and themed decorations can be added)
Includes: 10 Kids and 2 adults, Party room for 2 hours & entrance into facility, 12 hot-dog & chips, 2 pitchers of soda (Pepsi products) & 1 pitcher of water, Party Favor & Basic Decorations.

(Additional hotdog & chips must be ordered at time of reservation.)
(*No Cake included in this option)

No outside food or drinks or birthday cakes allowed.

Reservation must be made ONE WEEK in advance.

K9 – 2K

Bring your 4-legged friend to run/jog/walk in our K9 – 2K

Thursday, August 25, 2011 at 7 p.m.

Entry Fee: \$10
(includes a gift for each participating dog)

Register at the Family Fitness Center or by mail (postmarked by August 15)

Race day registration (additional \$5) from 6 pm. – 6:30 p.m.

Tae Kwon Do (For ages 8 & older)

A fitness program for the whole family with four Black Belt instructors. Other forms of martial arts are taught.

Tuesdays and Thursdays

New/Beginner:
7 - 7:45 p.m.

Intermediate/Advanced:
7:45 - 8:30 p.m.

Members, \$30; non-members, \$40 (monthly)



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

